

INC22-007

SEFT THERAPY TO REDUCE STRESS LEVELS IN ADOLESCENTS

Yeni Yulistanti¹⁾ Moh Ridwan²⁾ Angga Sugiarto³⁾
yenyulistanti@gmail.com

ABSTRACT

Introduction: Adolescents are a group of 10-19 years old who experience a transition period between childhood and adulthood. Adolescents experience drastic changes in all aspects of their development, physically, cognitively, personality, emotional and social. Adolescence experiences adjustments in almost all aspects of life, so it can cause of stress for adolescents. Stress is a feeling experienced by an individual when facing a stressful situation. Prolonged stress in adolescents is not only detrimental academically but can also adversely affect the physical and mental health of adolescents. One method to reduce stress levels is with SEFT-therapy.

Methods: This study aims to determine the effect of self therapy on reducing stress levels in adolescents. This study is a quasi-experimental study with a one-group pre-post test design approach. The study was conducted on 288 students of SMAN 2 Magelang City. Stress levels were measured using the perceived stress scale instrument. Data analysis using paired sample t-test.

Results: There was a decrease in stress levels in adolescents after SEFT therapy, from an average of 20.34 to 16.75. The results of statistical analysis using paired sample t test obtained a significance value (p value = 0.000 < 0.05).

Conclusion:

Keyword : stress, adolescents, SEFT

^{1,2,3)} Nursing Study Program Magelang, Poltekkes Kemenkes Semarang

Introduction. Adolescents are a group of ages between 10 to 19 years who experience a transition period between childhood and adulthood. At this time there were drastic changes in all aspects of its development, both physically, cognitively, personality, emotional and socially (Hastuti, 2019). Adolescence is often interpreted as a time to find identity by trying an appropriate lifestyle, this can be a stressor or a stressor for adolescents (Samsugito, 2019). One of the factors causing the stress level of teenagers today is because they have difficulty when they have to study at home due to the pandemic. Adolescents who are in high school must adjust to the new environment at school and the wider association, thereby increasing stress. Stress is a feeling experienced by an individual when facing a stressful situation. Stress is an adjustment effort

where if the individual is not able to overcome it, it can cause physical, behavioral, feeling and mental disorders with various factors such as frustration, conflict, pressure, and crisis (Ananda SSD, 2020). Prolonged stress in adolescents is not only detrimental academically but can also adversely affect the physical and mental health of adolescents (Suratmini, 2019)

According to Rofacky (2014), to manage stress caused by various stressors, effective therapy is needed. One therapy that can be used by adolescents is Spiritual Emotional Freedom Technique (SEFT). SEFT therapy, including relaxation techniques, is a form of mind-body therapy from complementary and alternative nursing therapies. SEFT is a technique of combining the body's energy system (energy medicine) and spiritual therapy by tapping on certain points on the body. SEFT therapy has been shown to reduce stress levels in adolescents (Rahmawati, 2019).

Based on this information, it is necessary to make real efforts in the form of community service for the application of spiritual emotional freedom technique (SEFT) therapy to adolescents. This action will be effective in reducing stress levels in adolescents. Sulifan, Suroso, & Muhid (2014) state that spiritual emotional freedom technique (SEFT) uses a combination of psychological and spiritual energy systems, so SEFT therapy, apart from being a healing method, can also make a person enter a spiritual space that connecting man with God. With SEFT therapy, adolescent stress will decrease and it is hoped that the quality of life and productivity of adolescents will increase.

Methods. This study is a descriptive study that aims to describe the stress level of adolescents before and after receiving SEFT therapy. The study was carried out at SMAN 2 Magelang City for 288 students. The activity begins by analyzing the situation and solving problems through a study of the characteristics of youth, advocacy, atmosphere building and partnerships. At this stage, the target of the intervention and the intervention method in the form of the preparation of the activity implementation module are also determined. The modules that have been compiled contain instructions or guidelines on how to do spiritual emotional freedom technique (SEFT) therapy.

The initial assessment was carried out to determine the stress level of adolescents by using a standardized perceived stress scale instrument. The next stage is the implementation of the spiritual emotional freedom technique (SEFT) intervention on a predetermined target. The intervention activity begins by explaining the material contained in the module. Furthermore, adolescents are given therapy following the guidelines or modules that have been given. All stages of activities will be monitored and evaluated at the last stage. Each teenager will then be reassessed for

their stress level after doing SEFT therapy. So that SEFT therapy can be done alone, each teenager is given a guidebook to use independently.

Result and Discussion. The results of the study showed that SEFT therapy had a significant effect on reducing stress levels in adolescents. Stress in adolescents can occur as a result of the COVID-19 pandemic. The COVID-19 pandemic around the world has caused all activities normally carried out outside the home to be banned and all people are urged to stay at home. As a result, these unusual conditions force everyone to adapt to new habits. Efforts to adapt can cause stress. One of the affected is teenagers who usually often do activities outside the home such as going to school and playing (Ananda and Apsari, 2020).

The study was conducted on 288 adolescents with male sex as many as 112 (39%) and female adolescents as many as 176 (61%). Adolescents are an age group that is susceptible to stress. In general, the stress experienced by adolescents is related to academic demands where adolescents feel pressured to get high grades and are worried about getting bad grades (Michaela C. Pascoe, 2020).

Stress in adolescents increases during the COVID-19 pandemic. The pandemic condition causes students to be forced to study at home so that the intensity of communication and interaction with peers decreases. This condition causes stress (Nastiti, A.D., 2022). Some of the things that cause teenagers to experience stress during the covid pandemic are, among others, due to sudden changes in the pattern of daily living habits. Reduced social interaction, stay-at-home restrictions, difficulties with schoolwork, substantial changes to daily routines, fear of illness, and boredom can all have dramatic psychological effects on adolescents. The development of life stages and hormonal changes make adolescents very accustomed to peer groups, so it is very difficult for adolescents to isolate themselves at home without interacting with their friends (Zhang, C., 2020).

The impact of stress on adolescents is very diverse, including a decrease in the capacity of academic abilities and mental health problems. Mental health problems can occur in adolescents such as anxiety, depression, sleep disorders and substance abuse. Depression in adolescents causes difficulty in learning concentration and reduces the appearance of learning performance. Drug abuse can also occur as a result of a lack of social support and ineffective individual coping (Michaela C. Pascoe, 2020).

Therapy that can be done to cope with stress in adolescents, among others, by doing SEFT. Table 1 shows the results of measuring stress levels in adolescents before and after SEFT therapy.

Table 1. Adolescent stress levels before and after SEFT therapy

Stress level	Before SEFT		After SEFT	
	Frequency	Percentage (%)	Frequency	Percentage (%)
mild	15	5,2	49	17
moderate	240	83,3	231	80,2

severe	33	11,5	8	2,8
	288	100	288	100

Based on table 1 above, it can be seen that most of the teenagers are in a state of moderate stress. After SEFT therapy, there was a decrease in stress levels. The average value of stress levels before therapy is 20.34 and after therapy is 16.75 or it can be concluded that there is a decrease in stress levels of 3.59. The results of the paired sample t-test showed a p value (p value; 0.000) which means that SEFT significantly reduces stress levels in adolescents.

Stress in adolescents must be overcome to improve learning abilities and increase productivity. One way to deal with stress in adolescents is SEFT therapy. SEFT is a combination of energy, psychic and spiritual therapy. SEFT can increase the ability to think positively and reduce stress levels (Nastiti, 2022).

SEFT therapy includes relaxation techniques which are a form of mind-body therapy from complementary and alternative therapies in nursing. The working principle of SEFT is similar to the working principle of acupuncture and acupressure therapy, namely by providing a stimulus to acupuncture points on the body's surface to cure a disease. The beats are made to stimulate key points along the 12 energy pathways or meridians. Through this meridian system, vital energy can be directed to the organ or part of the body that is experiencing disturbances. On the meridian path there are points that can be stimulated by finger pressure, tapping and blunt tools that do not penetrate the skin and are not painful. Stimulation in the SEFT method uses light tapping (tapping) at a certain point to have an effect at the site of stimulation or at a place far from the site of stimulation through neural, humoral and meridian mechanisms (Zainuddin, 2014).

The mechanism of SEFT in reducing stress is by tapping on meridian points which will increase endorphins which are substances or neurotransmitters that are naturally produced by the body by periaqueductal gray matter. Endorphins that are in the synapse of nerve cells will cause a relaxed condition throughout the body. This relaxed condition will provide a sense of comfort and reduce stress (Chen, F. 2015).

Conclusion. There was a decrease in stress levels in adolescents after SEFT therapy, from an average of 20.34 to 16.75. The results of statistical analysis using paired sample t test obtained a significance value (p value = 0.000 < 0.05), so H_0 is rejected and H_a is accepted. This proves that SEFT therapy can reduce stress levels in adolescents.

References

Ade Sriwahyuni, Liza Merianti, & Dona Amelia. (2018). The Influence Of Self Emotion Freedom Technique (Seft) Therapy Toward Smoking

- Behavior Among Adolescent . *The Malaysian Journal of Nursing (MJN)*, 9(3), 28-33
- Ananda SSD, Apsari NC. (2020). Mengatasi Stress Pada Remaja Saat Pandemi Covid-19 dengan Teknik Self-Talk. Prosiding Penelitian dan Pengabdian Kepada Masyarakat. Vol 7, No: 2. Hal: 248 – 256. Agustus 2020. e ISSN : 2581-1126
- Chen F, Zhou L, Bai Y, Zhou R and Chen L. (2015). Hypothalamic-pituitary-adrenal axis hyperactivity accounts for anxiety-and depression-like behaviors in rats perinatally exposed to bisphenol A. *Journal of biomedical research*.
- Hastuti RY, Baiti EN. (2019). Hubungan Kecerdasan Emosional Dengan Tingkat Stress Pada Remaja. *Jurnal Kesehatan*, Volume VIII, Nomor 2, Juli 2019, hlm 84-93
- Karmiyati, D., Sari, S.Z. (2017). The Comparison between laughter and SEFT Therapy Effect Towards Stress for The Elderly People. Proceedings of the 3rd ASEAN Conference on Psychology, Counselling, and Humanities (ACPCH)
- Kartikaningtyas AA, Ruhaena L, Pratisti WD. (2019). *Efektivitas Seft (Spiritual Emotional Freedom Technique) Untuk Menurunkan Perilaku Agresi Pada Remaja*. Thesis. Institutional Repository Universitas Muhammadiyah Surakarta
- Michaela C. Pascoe, Sarah E. Hetrick & Alexandra G. Parker (2020) The impact of stress on students in secondary school and higher education, *International Journal of Adolescence and Youth*, 25:1, 104-112, DOI: 10.1080/02673843.2019.1596823
- Nastiti, A.D., Kusuma, E.R.A., Puspitasari, H., Handayani, D., (2022). SEFT and Academic Stress on Nursing Students in Online Learning During The Covid-19 Pandemic. *Jurnal Ilmu Keperawatan Jiwa*. Vol. 5 No. 1
- Rahmawati N, Aristina T. (2019). Pengaruh Terapi Spiritual Emosional Freedom Technique (SEFT) Terhadap Stres Mahasiswa di Akademi Keperawatan “YKY” Yogyakarta. *Jurnal Ners LENTERA*. Vol. 7 No. 1. Maret 2019
- Rofacky, Hendri Fajri. (2014). Pengaruh Terapi Spiritual Emotional Freedom Technique (SEFT) Terhadap Tekanan Darah Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Bergas Kecamatan Bergas Kabupaten Semarang : STIKES Ngudi Waluyo.
- Samsugito I, Putri AN. (2019). GambaranTingkat Stres Sebelum dan Sesudah Terapi Seft pada Remaja di SMAN 14 Samarinda. *Jurnal Kesehatan Pasak Bumi Kalimantan*.Vol.2. No. 2
- Sulifan, Y., Suroso, & Muhid, A. (2014). Efektifitas Terapi SEFT (Spiritual Emotional Freedom Technique) Untuk Mengurangi Perilaku Merokok Remaja Madya. *Jurnal Psikologi Tabularasa*, 9(1), 86–95

- Suratmini Dwi & Afriani Tuti, (2019). Pemanfaatan Deteksi Stres Remaja yang Efektif dan Efisien Melalui Aplikasi: Systematic Review. *Jurnal Keperawatan Respati Yogyakarta*. Vol. 6. No. 1. Hal 542-547
- Zainuddin AF. (2014). *Spiritual Emotional Freedom Technique (SEFT): Healing, Happiness, Success, Greatness*. Jakarta: Afzan Publishing
- Zhang, C., Ye, M., Fu, Y., Yang, M., Luo, F., Yuan, J., & Tao, Q. (2020). The Psychological Impact of the COVID-19 Pandemic on Teenagers in China. *The Journal of Adolescent Health*, 67(6), 747-755.